

[614] What is claimed is:

1. A method of using a collapsible exercise device, comprising:

providing a collapsible exercise device including a vertical support member, an adjustable incline having a first end and a second end, the first end of the adjustable incline pivotally coupled to, adjustably supported by, and vertically movable with respect to, the vertical support member for adjusting the incline of the adjustable incline, a user support platform movably attached to the adjustable incline, first and second combination pulley-support and pull-up bars each pivotally connected to the first end of the adjustable incline for movement between at least a substantially vertical position and a substantially non-vertical position, first and second pulleys movably connected to the first and second combination pulley-support and pull-up bars for movement of the pulleys to a desired location, and one or more cables extendable through first and second pulleys and connected to the user support platform for movement of the support platform along the adjustable incline through cable movement, wherein the exercise device is foldable such that the vertical support member and the adjustable incline are substantially parallel to each other when collapsed;

positioning the first end of the adjustable incline at a desired height with respect to the vertical support member so that the adjustable incline is at a desired inclination;

moving the first and second combination pulley-support and pull-up bars to a desired position;

moving the first and second pulleys connected to the first and second combination pulley-support and pull-up bars to a desired location;

moving the support platform along the adjustable incline through cable movement through the first and second pulleys on the combination pulley-support and pull-up bars.

2. The method of claim 1, wherein the first and second combination pulley-support and pull-up bars each have a trapezoidal configuration.

3. The method of claim 1, wherein the first and second pulleys each include a collar slidably attached to the combination pulley-support and pull-up bar and a pull pin carried by the collar for locking the pulley in position on the combination pulley-support and pull-up bar.

4. The method of claim 1, further comprising a folding squat platform pivotally and removably connected to the second end of the adjustable incline.

5. The method of claim 4, further including a squat stand telescopingly and removably engaged with the folding squat platform.
6. The method of claim 1, further comprising a push-up bar removably connected to the second end of the adjustable incline.
- 5 7. The method of claim 1, further comprising a padded foot support removably connected to the second end of the adjustable incline.
8. The method of claim 1, further comprising a dip bar assembly connected to the adjustable incline, and the dip bar assembly including a pair of dip bars movable between at least a retracted, out-of-the way position, and a non-retracted, ready-for-use position.
- 10 9. The method of claim 1, further comprising a foot support assembly pivotally connected to the adjustable incline, and the foot support assembly pivotable between at least a retracted, out-of-the way position, and a non-retracted, ready-for-use position.
10. The method of claim 1, wherein said one or more cables include a single cable with opposite ends, and handles each connected to the opposite ends of the single cable.
- 15 11. The method of claim 1, wherein the vertical support member includes a vertical support tower including a tower level track therein, the tower level tracks including multiple vertically spaced hooks, the first end of the adjustable incline being pivotally connected to, and adjustably supported by the hooks of the tower level track.
12. The method of claim 1, wherein the vertical support member includes an automatic lift
20 mechanism including a driving mechanism, upper and lower pulley assemblies, at least one of which driven by the driving mechanism, and opposite vertical chains carried by the pulley, the adjustable incline coupled to the opposite vertical chains, and positioning the first end of the adjustable incline at a desired height includes moving the first end of the adjustable incline up and down with the automatic lift mechanism.
- 25 13. The method of claim 1, wherein the collapsible exercise device is used for personal training.
14. The method of claim 1, wherein the collapsible exercise device is used for group training.
15. The method of claim 1, wherein the collapsible exercise device is used for Pilates training.
- 30 16. The method of claim 1, wherein the collapsible exercise device is used for rehabilitation.

17. The method of claim 1, wherein positioning the first end of the adjustable incline at a desired height includes positioning the first end of the adjustable incline at a desired height level in accordance with a resistance chart indicating the effective weight for various height levels and bodyweights.